

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01137, Egg, yolk, dried

Report Date: December 05, 2015 05:56 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	3.08	--	0.264	1.47	4.38	14.0	2.515	3.645	1	Analytical or derived from analytical	--	04/2015
Energy	kcal	669	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	2800	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein ¹	g	33.63	--	0.388	30.2	35.4	14.0	32.793	34.46	1	Analytical or derived from analytical	--	04/2015
Total lipid (fat) ¹	g	59.13	--	0.474	56.65	61.39	14.0	58.113	60.146	1	Analytical or derived from analytical	--	04/2015
Ash ¹	g	3.51	--	0.063	3.14	4.18	14.0	3.374	3.642	1	Analytical or derived from analytical	--	04/2015
Carbohydrate, by difference	g	0.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Sugars, total ¹	g	0.23	--	0.017	0.07	0.3	14.0	0.195	0.268	1	Analytical or derived from analytical	--	04/2015
Sucrose ¹	g	0.00	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.23	--	0.017	0.07	0.3	14.0	0.195	0.268	1	Analytical or derived from analytical	--	04/2015
Fructose ¹	g	0.00	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Lactose ¹	g	0.00	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Maltose ¹	g	0.00	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Galactose ¹	g	0.00	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Minerals													
Calcium, Ca ¹	mg	289	--	4.223	268	316	14.0	280.009	298.124	1	Analytical or derived from analytical	--	04/2015
Iron, Fe ¹	mg	9.56	--	0.138	8.65	10.2	14.0	9.261	9.854	1	Analytical or derived from analytical	--	04/2015
Magnesium, Mg ²	mg	26	--	--	24	27	--	--	--	1	Analytical or derived from analytical	--	04/2012
Phosphorus, P ²	mg	1040	--	--	1,020	1,050	--	--	--	1	Analytical or derived from analytical	--	04/2012
Potassium, K ²	mg	264	--	--	256	272	--	--	--	1	Analytical or derived from analytical	--	04/2012

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Sodium, Na ¹	mg	149	--	4.661	116	172	14.0	138.537	158.53	1	Analytical or derived from analytical	--	04/2015
Zinc, Zn ²	mg	7.73	--	--	7.3	7.95	--	--	--	1	Analytical or derived from analytical	--	04/2012
Copper, Cu ²	mg	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn ²	mg	0.185	--	--	0.16	0.2	--	--	--	1	Analytical or derived from analytical	--	04/2012
Selenium, Se ²	µg	139.3	--	--	125	158	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	1	Assumed zero	--	05/1996
Thiamin ²	mg	0.387	--	--	0.38	0.4	--	--	--	1	Analytical or derived from analytical	--	04/2012
Riboflavin ²	mg	1.257	--	--	1.15	1.39	--	--	--	1	Analytical or derived from analytical	--	04/2012
Niacin ²	mg	0.083	--	--	0.08	0.09	--	--	--	1	Analytical or derived from analytical	--	04/2012
Pantothenic acid ²	mg	9.063	--	--	8.27	9.55	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.742	--	0.020	0.48	0.82	14.0	0.698	0.786	1	Analytical or derived from analytical	--	04/2015
Folate, total ²	μg	209	--	--	162	237	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	209	--	--	162	237	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folate, DFE	μg	209	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
Choline, total ²	mg	2403.3	--	--	1,760	3,610	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin B-12 ¹	μg	5.11	--	0.299	3.64	7.31	14.0	4.465	5.746	1	Analytical or derived from analytical	--	04/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin A, RAE	μg	477	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Retinol ¹	μg	477	--	26.730	343	696	14.0	419.737	534.397	1	Analytical or derived from analytical	--	04/2015
Carotene, beta ²	μg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Carotene, alpha	μg	79	--	--	--	--	--	--	--	--	Calculated or imputed	01125	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	70	--	--	--	--	--	--	--	--	Calculated or imputed	01125	01/2009
Vitamin A, IU	IU	1590	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01125	01/2009
Lutein + zeaxanthin ²	µg	1133	--	--	883	1,458	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E (alpha-tocopherol) ²	mg	4.81	--	--	3.59	6.85	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	10.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin D2 (ergocalciferol) ^{1,3}	µg	0.0	--	0.000	0	0	21.0	--	--	2	Analytical or derived from analytical	--	04/2015
Vitamin D3 (cholecalciferol) ^{1,3}	µg	10.4	--	1.359	3.5	33.1	21.0	7.591	13.241	2	Analytical or derived from analytical	--	06/2015
Vitamin D	IU	417	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin K (phylloquinone)	µg	1.5	--	--	--	--	--	--	--	--	Calculated or imputed	01125	01/2009
Lipids													
Fatty acids, total saturated	g	20.334	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
4:0 ¹	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996

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6:0 1	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
8:0 1	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
10:0 1	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
12:0 1	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
14:0 1	g	0.198	--	0.002	0.18	0.21	14.0	0.193	0.204	1	Analytical or derived from analytical	--	04/2015
15:0 1	g	0.036	--	0.001	0.03	0.04	14.0	0.034	0.038	1	Analytical or derived from analytical	--	04/2015
16:0 1	g	14.773	--	0.156	13.8	15.6	14.0	14.439	15.107	1	Analytical or derived from analytical	--	04/2015
17:0 1	g	0.122	--	0.004	0.11	0.16	14.0	0.115	0.13	1	Analytical or derived from analytical	--	04/2015
18:0 1	g	5.177	--	0.059	4.72	5.54	14.0	5.049	5.304	1	Analytical or derived from analytical	--	04/2015
20:0 1	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 ¹	g	0.028	--	0.002	0.02	0.04	14.0	0.023	0.032	1	Analytical or derived from analytical	--	04/2015
24:0 ¹	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Fatty acids, total monounsaturated	g	23.377	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
14:1 ¹	g	0.034	--	0.001	0.02	0.04	14.0	0.031	0.037	1	Analytical or derived from analytical	--	04/2015
15:1 ¹	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
16:1 undifferentiated ¹	g	1.345	--	0.050	0.99	1.52	14.0	1.238	1.451	1	Analytical or derived from analytical	--	04/2015
17:1 ¹	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
18:1 undifferentiated ¹	g	21.855	--	0.459	18.45	24.18	14.0	20.87	22.84	1	Analytical or derived from analytical	--	04/2015
18:1 c ¹	g	21.613	--	0.450	18.3	23.9	14.0	20.647	22.579	1	Analytical or derived from analytical	--	04/2015
18:1 t ¹	g	0.242	--	0.010	0.15	0.29	14.0	0.22	0.264	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.143	--	0.003	0.13	0.16	14.0	0.136	0.15	1	Analytical or derived from analytical	--	04/2015
22:1 undifferentiated ¹	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
Fatty acids, total polyunsaturated	g	10.320	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
18:2 undifferentiated ¹	g	8.674	--	0.393	7.04	11.86	14.0	7.832	9.517	1	Analytical or derived from analytical	--	04/2015
18:2 n-6 c,c ¹	g	8.598	--	0.394	6.96	11.8	14.0	7.753	9.443	1	Analytical or derived from analytical	--	04/2015
18:2 t,t ¹	g	0.076	--	0.003	0.06	0.1	14.0	0.07	0.082	1	Analytical or derived from analytical	--	04/2015
18:3 undifferentiated ¹	g	0.281	--	0.009	0.24	0.34	14.0	0.262	0.3	1	Analytical or derived from analytical	--	04/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.181	--	0.009	0.14	0.26	14.0	0.161	0.2	1	Analytical or derived from analytical	--	04/2015
18:3 n-6 c,c,c ¹	g	0.072	--	0.002	0.06	0.08	14.0	0.067	0.076	1	Analytical or derived from analytical	--	04/2015
18:3i ¹	g	0.028	--	0.002	0.02	0.04	14.0	0.025	0.032	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 ¹	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
20:2 n-6 c,c ¹	g	0.106	--	0.006	0.08	0.16	14.0	0.094	0.118	1	Analytical or derived from analytical	--	04/2015
20:3 undifferentiated ¹	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
20:4 undifferentiated ¹	g	0.978	--	0.015	0.89	1.1	14.0	0.945	1.011	1	Analytical or derived from analytical	--	04/2015
20:5 n-3 (EPA) ¹	g	0.000	--	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
22:5 n-3 (DPA) ¹	g	0.029	--	0.002	0.02	0.04	14.0	0.025	0.033	1	Analytical or derived from analytical	--	04/2015
22:6 n-3 (DHA) ¹	g	0.253	--	0.010	0.22	0.34	14.0	0.232	0.273	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total trans	g	0.346	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total trans-monoenoic	g	0.242	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Cholesterol ²	mg	2307	--	--	2,280	2,340	--	--	--	1	Analytical or derived from analytical	--	07/2015
Amino Acids													
Tryptophan ²	g	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine 2	g	1.545	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Isoleucine 2	g	1.701	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Leucine 2	g	2.908	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Lysine 2	g	2.469	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Methionine 2	g	0.858	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Cystine 2	g	0.588	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Phenylalanine 2	g	1.472	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Tyrosine 2	g	1.422	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Valine 2	g	1.934	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Arginine 2	g	2.336	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine ²	g	0.861	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Alanine ²	g	1.751	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Aspartic acid ²	g	3.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glutamic acid ²	g	4.263	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glycine ²	g	1.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Proline ²	g	1.326	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Serine ²	g	2.814	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

¹American Egg Board American Egg Board - data on six egg products, 2014

²American Egg Board American Egg Board-Egg Nutrition Center Study, 2005

³American Egg Board American Egg Board - data on four egg products, 2015